

Community Transformation Grant



High Five Community Grants

- Awarded October 2013
- Four communities
 - Kuna, Nampa, Middleton and Lapwai
- Ambassadors: Pocatello, Meridian and Moscow
- 3-year grant
- ~\$750,000 in total



Year 1 Update

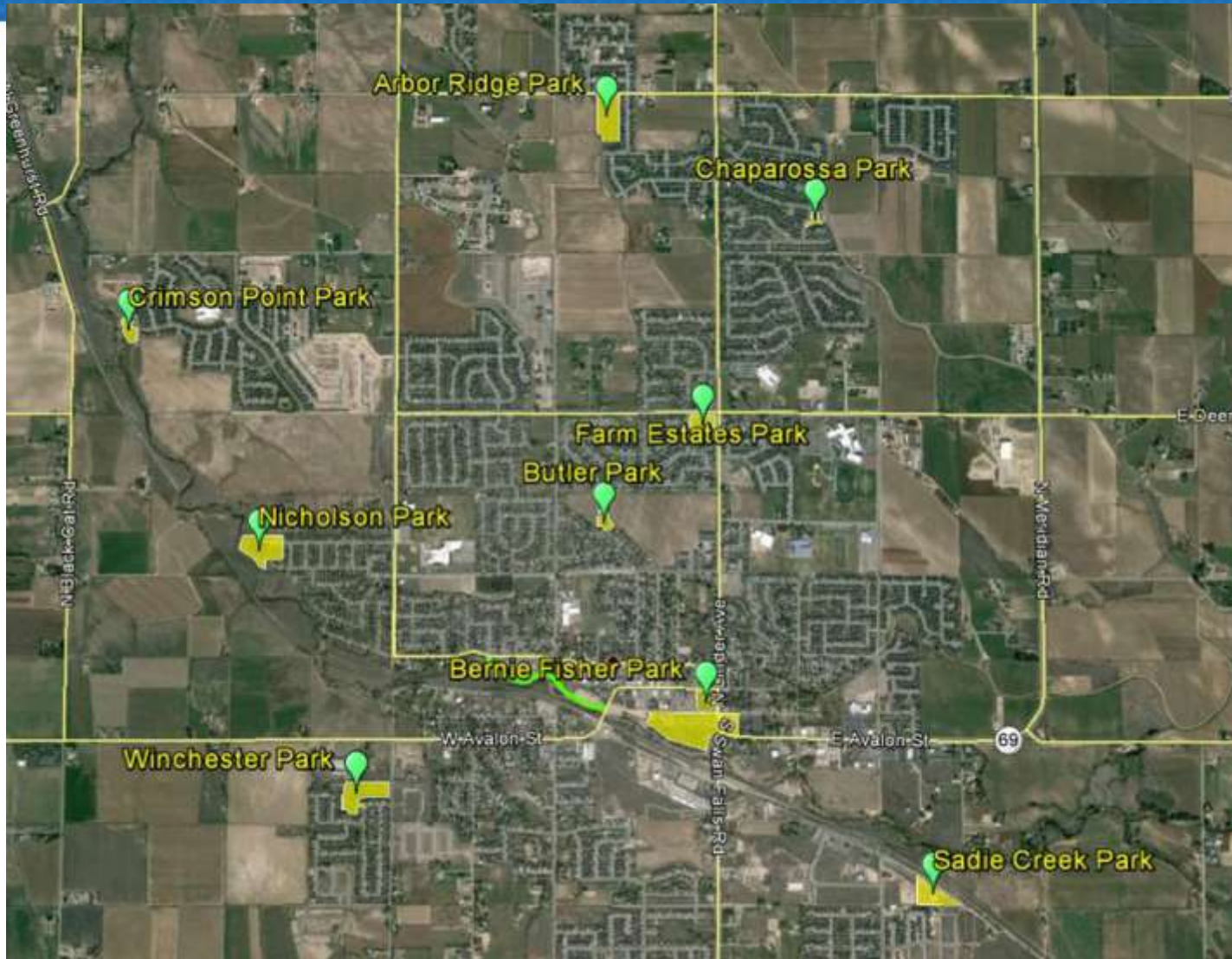
Kuna

- Cooking Matters at Boys/Girls Club
- Activity Connection Plan or “Park Inventory”
- Disc Golf
- Family Bike Challenge
- Revitalize Downtown - \$15K





Activity Connection Plan



Sadie Creek Park Primary Site

Site Assets

- Large Green Space
- Picnics Area
- Swimming pond
- Beach for sun bathing
- Parking lot,
- Porta Potty



Site Description– Sadie Creek Park has what could be considered the highest potential for success in the Kuna park network. The foundation of a swimming pond and beach gives a theme that if continued and bolstered could make for a highly unique and in demand space. Taking the “beach” or “lake” to Kuna in the form of a 8.7 acres park will give residents a park that they will relish. Considering the overwhelming success of Discovery State Park, a modest yet similar version could thrive in Kuna with improvements.

Recommended Site Improvements:

- Consider a splash pad beyond beach area, near the eastern lawn space.
- Add a center pond fountain to improve water quality and add appeal for swimmers.
- Consider several large shade trees to cool the pond temperature, minimize algae growth and provide respite from summer sun.
- Construct a beach volleyball court.
- Consider fire pits and picnic shelters to help draw users throughout the year.
- Adding a waterslide in later years would add yet another major attraction that does not exist in the public realm and has demonstrated demand.
- Outdoor showers would be another desired addition if the other improvements are made.



Downtown Revitalization



Middleton

- Skate Park Planning
- New Playground Equipment
- Color Run

SKATE PARK MEETING
WITH GRINDLINE
TONIGHT 7
AT CITY HALL

CITY HALL

High Five!









Nampa

- Healthfest
- Expand Travelling Playground
- Bike for Kids

Healthfest



Travelling Playground



Powered by the Stan Price of Idaho Foundation for the Arts



Nampa Bike for Kids





Lapwai

- Equipment for City Park
- Seed money for Skate Park
- Mental Health Programs at Schools

Lapwai City Park



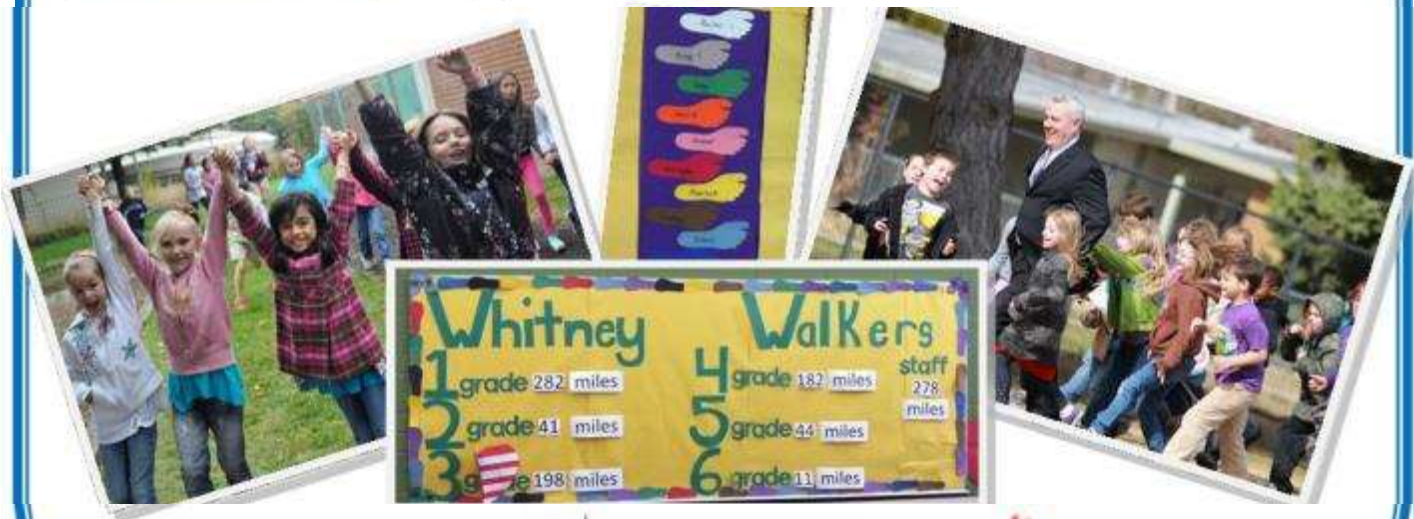
Other High Five Initiatives

Mayor's Challenge

Attention All Treasure Valley Elementary Schools:

Mayor Bieter has challenged other Treasure Valley mayors to participate in a walking challenge. Each mayor is also encouraging schools in their city to walk during the month of October for the chance to **win \$500 prize toward PE equipment**. The schools in each city with the most miles walked and highest percentage of participation are eligible for prize.

Attached is a School Walking Challenge sign up form. Schools who are interested should complete the form and return it to Sophie Sestero at ssestero@BOIdahoFoundation.org. Once a sign up form is completed, you will receive a toolkit with official rules and resources.



High Five!
Children's Health Collaborative
Powered by
Blue Cross of Idaho Foundation for Health



Parks & Recreation

LET'S MOVE! [BOISE]
A partnership between the City of Boise and the Blue Cross of Idaho Foundation for Health

ve!
Collaborative
Foundation for Health

Mayor Henry



Mayor Tammy



Weekly Newsletter



Dish + DASH



Ready to Ride?

One way for kids to establish healthy habits that last a lifetime is to engage in sports and activities that extend beyond K-12. One such sport is cycling, an activity that builds stamina, strength, and muscle tone. You can bike almost anywhere, anytime - without spending a fortune or filling up at the pump!

If you're new to cycling or looking for something active to do as a family, the city of Kuna is hosting a [FREE family bike ride](#) on October 11 at Bernie Davis Park, starting at 10 a.m. Come join the fun!



Add Pizzazz with Pesto!

Use up the remainder of your fresh basil before the first frost hits. Nothing beats the smell and taste of home-made pesto, and you can even freeze it in ice cube trays to use all winter. Use it with pasta and pizza, in scrambled eggs, as a marinade for fish and even in mashed potatoes. [This recipe](#) is easy and versatile to make and [this list](#) gives you some great ideas on how to add new 'pesto' twists to your old cooking routine.





Win a 7-day family vacation to Yellowstone National Park!

Creating healthy habits for your family is easier than ever. Sign up for the Dish + Dash weekly email—your source for healthy tips, recipes, activities, local events and more. Your family could win a trip to Yellowstone National Park. Sign up at highfiveidaho.org today!



The High Five Children's Health Collaborative, powered by the Blue Cross of Idaho Foundation for Health, is a statewide effort to fight childhood obesity in Idaho.



Legislative Challenge

**Small steps
make big differences.**



Mt. Everest Challenge


High Five!
Children's Health Collaborative
Powered by the Blue Cross of Idaho Foundation for Health

Q&A